

DURHAM



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CITY OF MEDICINE

CITY OF DURHAM

POLICE DEPARTMENT

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Durham Police Department

Parks and Trails Safety Tips

Trail Watch Safety Program

Safety Tips for Parks and Trails

- Whenever possible, always be on the trail with someone else.
- While walking, jogging or biking on any park or trail, make sure a responsible person knows your plans, where you will be and when you expect to return.
- Carry identification that includes your name, phone number, pertinent medical information, and emergency contact.
- Take a cell phone and make sure you can quickly make a call in case of an emergency or see any suspicious activity.
- While using the parks or trail during the daytime hours, wear bright colors.
- While using the parks or trail at night, wear light color clothing or a reflective vest.
- Know the operating regulations of the park or trail. Normally they open at Sunrise and close at dusk or 10 p.m.
- Make sure that the music from your iPod or listening device isn't too loud so that you can hear people passing or approaching while you enjoy the park or trail.
- Do not leave valuables or items visible in your vehicle when leaving your vehicle parked. Store valuables in the trunk of your vehicle or other secure location while you are on the trail.
- Know your location at all times. Choose or plan your routes for paths most frequently used by walkers, joggers and bikers.
- If a suspicious person appears to be following you, create some distance and prepare to react by calling 9-1-1 or moving to a secure location. Acting alert and aware can deter bad guys.
- If an incident occurs do not risk your safety to protect things that can be replaced. Afterwards call 9-1-1.
- If you call 9-1-1, stay on the phone until help arrives.
- Any Suspicious Activity, dial 9-1-1. When in doubt, have law enforcement check it out. Still call 9-1-1!
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If you would like more information about the Durham City Trail Watch Program, please contact the Community Services Unit at 919-560-4404.

Notice Under the Americans with Disabilities Act:

A person with a disability may receive an auxiliary aid or service to effectively participate in city government activities by contacting the ADA Coordinator, voice 919-560-4197, fax 560-4196, TTY 919-560-1200, or ADA@durhamnc.gov, as soon as possible but no later than 48 hours before the event or deadline date.